

**S.L.A.A. 12 Step Weekend Retreat with ANOREXIA FOCUS**  
**September 23-25, 2016**

**What is Anorexia?**

In the S.L.A.A. pamphlet called "ANOREXIA Sexual, Social, Emotional" published in 1992, anorexia is defined as the "compulsive avoidance of giving or receiving social, sexual, or emotional nourishment." In S.L.A.A., anorexia can also be about not nourishing ourselves with love, affection, intimacy, friendship, and our own self-esteem. For many of us, it's a kind of "stuckness" or inertia. A quick way to help figure out whether anorexia might be an issue for you is by answering the "50 Questions of Anorexia" printed in the pamphlet or posted online at [www.slaafws.org](http://www.slaafws.org).

(At this retreat we will be using the ANOREXIA STEP MATERIALS being developed by S.L.A.A.)

**Step study is a key tool to recovery in the S.L.A.A. program:**

At the retreat weekend we do an intensive study of the 12 Steps--together. If you have worked on the Steps in this type of format before, you already know its value. If you have not done any study of the Steps, intensive or otherwise, this is a great way to do it, especially the first time. Regardless of where we are in the Step study process, we are able to learn from sharing our experience, strength and hope with each other.

**Location & Host:**

The retreat house is located in Chester, Vermont (approximately 3 hours from Boston.) The retreat space is run by a recovering addict. Although **NEI and S.L.A.A. members run the Step study itself**, our host does participate in some parts of the weekend as a recovering addict. The only people invited to participate in this weekend are S.L.A.A. members or people who feel they can benefit from our program.

**Your Cost:**

**DISCOUNT IF registration/payment is received by 8/26/2016\*:**

**Price: \$212.00\***  
**- 20.00**  
**\$192.00\***

\* Please include a \$5.00 bank processing fee if paying by check from a non-US Bank (\$197 early and \$217 later registration).

**Includes:**

- 1 Step materials packet—Anorexia 1-2-3, Draft Anorexia 4-5-6-7; Draft Anorexia Recovery Tools (Steps 8-12) (Additional cost of \$12.00 has been added into the price of the weekend (compared to other 12-Step retreat weekends) for purchasing & copying materials to be provided at the weekend.)
- 2 nights lodging (see below for sleeping arrangements).
- 2 breakfasts (all you can eat). There is a potluck dinner Saturday night--weekend participants contribute.

**For Reservations:**

To reserve a space for the retreat, complete the registration form on the reverse side of this flyer and mail it to NEI at the above address. This weekend is only open to anyone who is an S.L.A.A. member or thinks they might benefit from the program. Non-participating guests are NOT allowed.

Sign-ups will be on a first-come, first-served basis. Confirmations will be made upon receipt of your payment.

**Cancellation Policy:**

- To receive a FULL REFUND, NEI must know IN WRITING NO LATER THAN 4 weeks prior to the date of the retreat—that is the same date as the DISCOUNT REGISTRATION DEADLINE.
- Cancellations made less than 4 weeks prior to the weekend WILL BE REFUNDED IN FULL ONLY if your cancelled space is filled.
- NEI reserves the right to cancel the weekend if it does not receive at least 16 reservations by the early registration date. You will be refunded in full if this occurs.

**Schedule:** (A complete schedule will be sent to you with your confirmation.)

- **Friday** 8:30 p.m. SHARP! Introduction--hellos, house rules, ground rules, temporary sponsor availability, chore sign-up, potluck update; Draw names of chairpersons and speakers for weekend meetings; getting current.
- **Saturday** 9:15 a.m.-11:00 p.m. Meeting on Steps 1, 2 & 3; Meeting on Steps 4 & 5; Lunch; Meeting on Steps 6 & 7; Getting Current Mtg.; Potluck; Meeting on Steps 8 & 9; Group activity—Fun!
- **Sunday** 9:30 a.m.-12:00 p.m. Meeting on Steps 10, 11 & 12; Closing.

**Sleeping Arrangements:**

21 people can be accommodated at the retreat house. Sleeping arrangements are as follows: 3 dorm-type rooms, 6 private rooms, and 1 semiprivate room. There are no private bathrooms. **Private rooms are given on a first-paid, first-served basis based on earliest registration date.**

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